COMMANDER: LT COL BYRON MARSHALL

PENNSYLVANIA WING — GROUP 2

NOVEMBER 2008

GROUP 2 NUMBERS:

- **Senior Members : 178**
- **Cadets: 150**
- **Total Members: 328**
- **This information is as of 3 November 2008.**

HAWK MOUNTAIN FIRST AID WEEKEND

Twenty Cadets and Senior members received First Aid and CPR certifications at this year's annual Hawk Mountain First Aid Training weekend. The training included Basic First Aid, Adult Cardio-Pulmonary Resuscitation (CPR), and Automated External Defibrillator (AED). They also had the opportunity to observe Child and Infant CPR techniques.

Most of the participants were from Pennsylvania Wing, but there were three from New York.

Classes began with CPR Saturday morning, with CPR Skills Evaluation shortly after lunch. This was followed by the AED module. First Aid began Saturday afternoon and continued after supper and finished Sunday morning. The addition of five manikins helped

For many cadets this was their first Civil Air Patrol camping experience, and a few had never

A cadet demonstrates CPR skills on one of the manikins during a recertification session.

One manikin dressed in BDU's was used to demonstrate First Aid skills.

camped anywhere before. Under the watchful eyes of Hawk Mountain Rangers, these cadets helped with the camp chores and learned about the teamwork and skills needed.

When asked what his favorite part of the weekend was, one cadet answered that he enjoyed the guard duty and log book most.

A flexible CPR renewal option was added this year, primarily so that staff members could work needed recertifications into their schedules. This worked quite well, and will be added to the Summer Hawk program.

First Aid training is required for most of the Emergency Services Mission Qualifications.

1st Lt Barbara McCutcheon
First Aid Instructor
Hawk Mountain Ranger School

AIR FORCE ASSOCIATION OFFERS GRANTS

The Air Force Association (AFA) continues their outstanding support of CAP and aerospace education. The AFA has now contributed over $250,000 in aerospace grants for our CAP units and our teachers who are promoting aerospace in their squadrons and classrooms. These grants are for $250, and an application can be found at www.cap.gov/ae. The deadline for this current cycle of grants is December 31 and the grants are for our units who are promoting aerospace. The next Educator Grant cycle has a March 31 deadline.

Additionally, every year the AFA also offers $250 aerospace grants that are different from the AFA/CAP grants. These grants are also for any teacher promoting aerospace. Our teacher members are eligible for these grants too, regardless if you have received one of our grants or not. These grants are only offered once a year with a deadline of November 15th. Results are announced in January of the next year. For more information about these grants, go to www.afa.org/aef/aid/grants.asp. Historically, our AEMs have been selected for these grants, too.

Aerospace Education News
November—December 2008

> THE AFA HAS NOW CONTRIBUTED OVER $250,000 IN AERO-SPACE GRANTS FOR OUR CAP UNITS AND OUR TEACHERS WHO ARE PROMOTING AEROSPACE

NOVEMBER SAFETY BRIEFING—HAVE A NICE TRIP – SEE YOU NEXT FALL

Did you know that slips, trips, and falls are second only to automobile accidents in causing personal injury? In CAP, they are typically the most common bodily injury cause On stairways alone, falls result in almost two million disabling injuries yearly. There are thousands more minor injuries caused by slips, trips, and falls each year. Most alarming of all is the fact that industrial falls cause over 1000 deaths each year.

Slips occur when there is too little friction between a person's feet and the walking surface. Many factors can cause a slip; ice, oil, water, cleaning fluids, and other slippery substances are probably the most obvious causes. However, the flooring may be inappropriate - perhaps it is a slick material - or the person who slips may not be wearing proper shoes. To prevent slips, avoid walking in areas which pose slipping hazards if at all possible. Always promptly clean up spills of slippery substances. Better yet, prevent the spills in the first place. If an area is a chronic problem, re-route foot traffic in order to avoid it. If flooring is a problem, replace it or coat it with a nonslip surfacing material.

Trips occur when a person's foot contacts an object, and they are thrown off balance. The main cause of tripping is obvious - anytime something is in a walkway it can cause someone to trip. Another culprit is an object which projects into the walkway - perhaps material stored low on a shelf. Poor lighting and uneven walking surfaces also cause tripping. Prevention of trips is simple but does require diligence. Keep objects that could cause someone to trip out of the way. Repair uneven flooring and install proper lighting if required.

Falls can be caused by a number of things. Slips and trips frequently result in a fall. Falls also occur for other reasons. Improper use of ladders and scaffolding can result in a fall-usually a very serious one. Falls also happen when people climb objects without using fall protection equipment. Don't risk serious injury by taking shortcuts. If you are working on a ladder, scaffold, or other elevated platform, make sure you know the requirements for using them safely.

Slips, trips, and falls cause numerous injuries every day. However, they are among the easiest hazards to correct. Take the time to look around your activity site for these hazards and work to prevent them. Don't let a slip, trip, or fall keep you from enjoying all that life has to offer.

October 2008 Sentinel

GP2 Newsletter Submission Guidelines

Articles, story ideas, and queries may be submitted to Lt McCutcheon via the chain of command or by e-mail at gistek@ptd.net. Please include "CAP GP2 News" in the e-mail subject.

Items may be submitted as formatted or unformatted text within the body of the e-mail. Images may be submitted as attached jpg or pdf format files no larger than 1000K. No other type of attachment will be opened.

For more specific guidelines, please contact Lt McCutcheon.

CREATING AND EDITING YOUR WEBSITE

This article will give a brief overview of a few of the web editing applications available. There are other, both online and computer based, website editors. Each has its advantages and disadvantages.

If you have a good knowledge of HTML code, a basic website can be written using any text editing application. Fortunately for the rest of us there are many ways of creating websites without having to learn all the command structures and codes that the Internet needs to be able to recognize and handle your website.

Most word processors give you the option of saving documents as web pages. Simply select HTML Document as the File Type. The minimal code needed to display your site will be generated and added to your file. This will permit anyone who knows how to use a word processor to create a basic website.

If you want something more advanced or involved, you'll need to move to a website editing application, commonly referred to as a web editor or html editor. You can go online to create, edit and publish your website or you can install a web editor on your computer.

Web Editors

DreamWeaver is considered by most people to be the best web editor available. It is also a very expensive application. I have not had the opportunity to use it, but there is a freeware application that is very similar.

NVU and KompoZer can be downloaded from http://

www.nvu.com/ and provide many of the same features and functions that Dream-Weaver offers. Both are easy to learn and, because they are popular, there are several places where webmasters can get help on issues that they face. NVU is no longer being updated. KompoZer is based on the NVU application, but has additional functions and several bug fixes.

FrontPage is a Microsoft webeditor. Older versions added Microsoft specific code elements that were, at best unusable and at worst interfering, with non-Microsoft web browsers. Most serious webmasters have moved away from FrontPage to either Dream-Weaver, Nvu, or another webeditor. Microsoft is in the process of redeveloping the FrontPage application, but I have not investigated it to see if it will now "play well" with non-Microsoft web browsers.

Trellix is available through the Earthlink account supplied by CAP NHQ. While limited in some areas it is fairly easy to learn and quite capable of producing most of the webpages the average squadron would find useful. It even had a blog feature available.

Adding Elements

As previously discussed, there are many elements in a webpage. Each element requires specific programming code to properly include it in the webpage. These codes tell the receiving browser how to display the element. For instance, if

you want to add an image, you would need to tell the browser the image filename, where you want it on your webpage, and how large it should be.

Luckily most webeditors do this for us. All we need to do is choose "Insert Image" from the menu or toolbar, then move it around until we are satisfied. Some webeditors will want to know where you want it before inserting it, but the end result is the same.

Inserting tables is quite similar, but there are a few other considerations. For instance, we must decide how many rows and columns the table is to have and the width for each column. This width can be entered as actual (pixel) size or percent of total width.

Animation and music are similar to images in that they must be in a specific file, and the code must refer to this file in order to add the element to the website. Most webeditors have "Insert Animation" and "Insert Sound" commands.

Inserting services may be slightly different, but not particularly difficult. Services that you purchase or contract with from other companies will provide html code to be inserted in your webpage. In most cases, you simply find the location you want to place the link to the service, and use the "Insert html" command. This may differ slightly depending on the webeditor you use.

You can also build services yourself if you have an understanding of one or more of the programming languages used to write them. There are sev-

eral places to find tutorials for these, but remember that whatever you add to your website must be maintained. Don't exceed your web management team's capabilities.

Getting Help

The best applications have good help files, but navigating through them can sometimes be tricky. Most depend on keywords to help find the relevant passages. For instance, searching on the word "Add" might bring up information on

> MOST WORD PROCESSORS GIVE YOU THE OPTION OF SAVING DOCUMENTS AS WEB PAGES. SIMPLY SELECT HTML DOCUMENT AS THE FILE TYPE.

inserting elements, but could be more likely to suggest topics on mathematical functions. If your search doesn't turn up the information you are looking for, try a similar word. Instead of "Add" try "Insert" to learn how to add elements to your webpage. There are also several online forums, like http://www.techsupportforum.com/ that can help you if you really get stuck. Many are free, but rely on member contributions rather than advertisements. If you find such a site helpful, please donate to help the site remain available.

1st Lt Barbara McCutcheon
Sqdn 304 Webmaster

WELCOME NEW MEMBERS

During September, six new cadets and three new senior members joined squadrons in our group.

Cadets Olivia L. Dettinger, Haley Feathers, Evan Hart, and Jonathon R. Stone joined the York Composite Squadron 301.

Cadet Zachary T. Walter joined Lebanon VFW Cadet Squadron 307.

Cadets Sonya L. Carson and Richard R. Snedden Jr. Black Diamond Composite Squadron

Group 2 extends a warm welcome to our new members.

PROMOTIONS

The following group members promotions were recorded during the month of October.

Jesse Jones Composite Squadron:

Stewart B. Hackman, promoted to Capt. on 16 Jun 2008

York Composite Squadron:

Kyle E. Forry, promoted to C/SMSgt. on 11 Oct 2008

Aaron J. Johnson, promoted to C/2nd Lt. on 13 Sep 2008

Jacob C. Kilgore, promoted to C/SSgt. on 25 Oct 2008

Marianne M. Olmeda, promoted to C/CMSgt. on 22 Mar 2008

Capital City Composite Squadron:

Kevin W. Carpenter, promoted to Lt. Col. on 13 May 2008

Joshua P. Milkovich, promoted to 2nd Lt. on 7 Oct 2008

Jeffry A. Smith, promoted to Maj. on 1 Nov 1991.

Black Diamond Composite Squadron:

Joyce DeWees, promoted to 2nd Lt. on 2 Oct 2008

Thomas G. DeWees, promoted to 2nd Lt. on 2 Oct 2008

David L. Long Jr., promoted to 1st Lt. on 3 Oct 2008

Congratulations, and thank you for all of your hard work.

With the addition of cadet promotion tracking in e-Services, it is now possible to create a list of promotions for many cadets as well as all senior members.

Since cadet promotion entry is voluntary, only those cadets whose commanders have entered cadet promotions into e-Services can be recognized through this method. We would be happy to includes any additional promotion information submitted by Line Officers.

LEBANON VFW CADET SQUADRON 307 ASSISTS WITH VETERANS, POSTS COLORS

Members of the Pennsylvania Wing's Lebanon VFW Cadet Squadron 307 look on during the fourth annual VA Medical Center in Lebanon, during which cadets helped hospital staff push wheelchairs to the show, served individual patients and returned them to their rooms afterward. The squadron's color guard posted and retired the colors for the show, and 1st Lt. Tina Roach took charge of the raffle table, with other members assisting her and helping wherever necessary. Veterans, staff and members of the military organizations that sponsored the show praised the cadets for their assistance.

Photo by 1st Lt. Wilson Ballester

Commander .... Lt Col Byron Marshall
Deputy Commander .... Maj Brandon Parks
Aerospace Education Officer .... 1st Lt David Briddell
Administrative Officer .... Open
Cadet Programs Officer .... Maj Brandon Parks
Cadet Special Activities Officer .... 1st Lt Jeff Case
Chaplain .... Open
Communications Officer .... Capt Don Inscho
Communication Licensing Officer .... 1st Lt Carlton Walls
Finance Officer .... Maj Becky Wilson
Inspector General .... Open
Legal Officer .... Open
Logistics Officer .... Open
Maintenance Officer .... Capt Daniel Sheetz
Medical Officer .... Open
Operations Officer .... Open
Operations, Drug Demand Reduction Officer .... Lt Col Orville Schwanger
Operations, Emergency Services Officer .... 1st Lt Tim Roth
Operations, Emergency Services Officer .... Maj Steve Wilson
Operations, Standardization and Evaluation Officer .... Lt Col Chuck Bechtel
Personnel Officer .... Open
Plans & Programs Officer .... Open
Professional Development Officer .... Open
Public Affairs Officer .... 1st Lt Barbara McCutcheon
Recruiting Officer .... Open
Safety Officer .... 1st Lt Jeff Case
Safety Officer, Assistant .... 1st Lt Edwin Jones

*If you are interested in applying for any of the open staff positions, please contact Maj Brandon Parks at parks@brandonparks.com

CALENDAR

- **Group 2 Staff Meeting:** 8 Nov: FIG
- **Squadron Leadership School:** 15-16 Nov 08: Reading, PA
- **Group 2 SAREX:** 6 Dec 08: Location TBA: IC Lt Col Bechtel
- **Training Leaders of Cadets:** Apr 09: in conjunction with the Cadet Conference

Please send information about upcoming unit events and activities that are open to our members to Group 2 PAO, 1st Lt Barbara McCutcheon at gistek@ptd.net